



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01266, Cheese, Swiss, nonfat or fat free

Report Date: July 16, 2017 18:15 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	63.60	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Energy	kcal	127	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Energy	kJ	532	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Protein	g	28.40	--	--	--	--	--	--	--	--	Calculated or imputed	43589	05/2013
Total lipid (fat)	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Ash	g	4.50	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Carbohydrate, by difference	g	3.40	--	--	--	--	--	--	--	--	Calculated or imputed	43589	05/2013
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	43589	05/2013
Sugars, total	g	1.33	--	--	--	--	--	--	--	--	Calculated or imputed	43589	05/2013
Minerals													
Calcium, Ca	mg	961	--	--	--	--	--	--	--	--	Calculated or imputed	43589	05/2013
Iron, Fe	mg	0.17	--	--	--	--	--	--	--	--	Calculated or imputed	43589	05/2013
Magnesium, Mg	mg	36	--	--	--	--	--	--	--	--	Calculated or imputed	43589	05/2013
Phosphorus, P	mg	605	--	--	--	--	--	--	--	--	Calculated or imputed	43589	05/2013
Potassium, K	mg	111	--	--	--	--	--	--	--	--	Calculated or imputed	43589	05/2013
Sodium, Na	mg	1000	--	--	--	--	--	--	--	--	Calculated or imputed	01265	05/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Zinc, Zn	mg	3.90	--	--	--	--	--	--	--	--	Calculated or imputed	43589	05/2013
Copper, Cu	mg	0.027	--	--	--	--	--	--	--	--	Calculated or imputed	43589	05/2013
Selenium, Se	μg	12.7	--	--	--	--	--	--	--	--	Calculated or imputed	43589	05/2013
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	43589	05/2013
Thiamin	mg	0.020	--	--	--	--	--	--	--	--	Calculated or imputed	43589	05/2013
Riboflavin	mg	0.360	--	--	--	--	--	--	--	--	Calculated or imputed	43589	05/2013
Niacin	mg	0.090	--	--	--	--	--	--	--	--	Calculated or imputed	43589	05/2013
Vitamin B-6	mg	0.080	--	--	--	--	--	--	--	--	Calculated or imputed	43589	05/2013
Folate, total	μg	6	--	--	--	--	--	--	--	--	Calculated or imputed	43589	05/2013
Folic acid	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	43589	05/2013
Folate, food	μg	6	--	--	--	--	--	--	--	--	Calculated or imputed	43589	05/2013
Folate, DFE	μg	6	--	--	--	--	--	--	--	--	Calculated or imputed	43589	05/2013
Choline, total	mg	15.4	--	--	--	--	--	--	--	--	Calculated or imputed	43589	05/2013
Vitamin B-12	μg	1.68	--	--	--	--	--	--	--	--	Calculated or imputed	43589	05/2013
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	43589	05/2013
Vitamin A, RAE	μg	40	--	--	--	--	--	--	--	--	Calculated or imputed	43589	05/2013
Retinol	μg	39	--	--	--	--	--	--	--	--	Calculated or imputed	43589	05/2013
Carotene, beta	μg	13	--	--	--	--	--	--	--	--	Calculated or imputed	43589	05/2013
Carotene, alpha	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	43589	05/2013

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	43589	05/2013
Vitamin A, IU	IU	152	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	43589	05/2013
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	43589	05/2013
Vitamin E (alpha-tocopherol)	mg	0.07	--	--	--	--	--	--	--	--	Calculated or imputed	43589	05/2013
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	43589	05/2013
Vitamin D (D2 + D3)	µg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	43589	05/2013
Vitamin D	IU	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Vitamin K (phylloquinone)	µg	0.5	--	--	--	--	--	--	--	--	Calculated or imputed	43589	05/2013
Lipids													
Fatty acids, total saturated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013
4:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013
6:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013
8:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013
10:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013
12:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013
14:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013
16:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013
18:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013
Fatty acids, total monounsaturated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013
18:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013
20:1	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013
Fatty acids, total polyunsaturated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013
18:2 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013
18:4	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013
Cholesterol	mg	18	--	--	--	--	--	--	--	--	Calculated or imputed	01265	05/2013
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	43589	05/2013
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	43589	05/2013
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	43589	05/2013